

Nutritive balance calculating apparatus.

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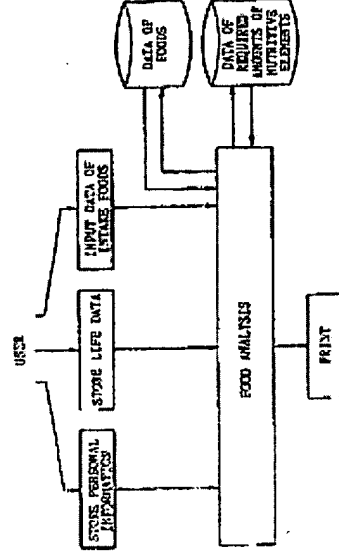
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A nutritive balance calculating apparatus comprises: input means for entering data of daily life-activity intensity, the types of foods contained in each intake meal and the intake amounts of the foods; accumulating means for accumulating the data thus entered for a predetermined period of time; nutritive element calculating means for calculating, based on the accumulated data, the nutritive elements contained in the intake foods; and display means for displaying, in the form of a list, the intake amounts of nutritive elements per each of a plurality of color food groups into which the intake foods are divided according to the nutritive characteristics thereof, these intake amounts being displayed together with required nutritive amounts as calculated based on information of personal gender, age, body form and life-activity intensity. The calculation result may be explained to the user in a familiar and comprehensible manner such that it makes a deep impression on his mind.

Fig. 1





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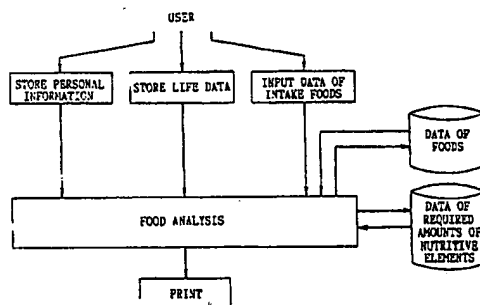
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54 Nutritive balance calculating apparatus.

57 A nutritive balance calculating apparatus comprises: input means for entering data of daily life-activity intensity, the types of foods contained in each intake meal and the intake amounts of the foods; accumulating means for accumulating the data thus entered for a predetermined period of time; nutritive element calculating means for calculating, based on the accumulated data, the nutritive elements contained in the intake foods; and display means for displaying, in the form of a list, the intake amounts of nutritive elements per each of a plurality of color food groups into which the intake foods are divided according to the nutritive characteristics thereof, these intake amounts being displayed together with required nutritive amounts as calculated based on information of personal gender, age, body form and life-activity intensity. The calculation result may be explained to the user in a familiar and comprehensible manner such that it makes a deep impression on his mind.

Fig. 1



NUTRITIVE BALANCE CALCULATING APPARATUS

BACKGROUND OF THE INVENTION

The present invention relates to apparatus for calculating, with the use of a computer, the nutritive balance of foods taken by a person.

5 To continuously maintain the health of a person by his inherent natural healing power, it is required to take meals containing well-balanced nutritive elements.

However, the term of well-balanced meal is an abstract expression, and a person generally tends to select foods based on judgment made in his own way. This involves the likelihood that intake nutritive elements are not well-balanced to injure the health without knowing it.

10 It is therefore preferred in view of health preservation that the information of meals taken by a person is entered into a computer and that, based on accumulated data, a medical doctor or the computer passes proper judgment or gives advice according to his gender, age, body form, daily active history and the like (See Japanese Patent Unexamined Application 211760/1986 which discloses a health diagnosing method comprising the steps of entering, into a computer, data of body-form measurements, physical-function
15 measurements and medical measurements, calculating such data by the computer and supplying data of disease estimate and a prescription for optimum bodily exercise.

In such a case, the advice is given while showing a display screen or a harcopy on which a list of data processing results is being displayed or printed out. For a person to which advice is given, it may be preferable that such data are given in a familiar and comprehensible manner so that he can make a deep
20 impression on his mind.

SUMMARY OF THE INVENTION

25 It is an object of the present invention to provide a nutritive balance calculating apparatus capable of judging, based on the contents of meals taken by a person, a preferred contents of meals to be taken, and capable of supplying resultant data in such manner that everybody can understand and make an impression on his mind.

To achieve the object above-mentioned, the nutritive balance calculating apparatus in accordance with
30 the present invention includes a first master memory containing the concentrations of nutritive elements of each food, a second master memory containing the required amounts of nutritive elements according to personal types determined by gender, age, stature and life-activity intensity, and a personal information memory for storing the contents of meals taken by the person. This nutritive balance calculating apparatus comprises: input means for entering data of daily life-activity intensity, the types of foods contained in each
35 intake meal, and the intake amounts of the foods; accumulating means for accumulating the data thus entered for a predetermined period of time; nutritive element calculating means for calculating, based on the accumulated data, the nutritive elements contained in the intake foods; and display means for displaying, in the form of a list, the intake amounts of nutritive elements per each of a plurality of color food groups into which the intake foods are divided according to the nutritive characteristics thereof, these intake
40 amounts being displayed together with required nutritive amounts as calculated based on information of personal gender, age, body form and life-activity intensity.

According to the apparatus having the arrangement above-mentioned, data of daily life-activity intensity and the contents of intake meals may be entered and accumulated in the personal information memory and the amounts of intake nutritive elements may be calculated based on the concentrations of nutritive
45 elements of each food. The calculation results of intake amounts of nutritive elements per each of a plurality of color food groups may be shown, in the form of a list, together with the required intake amounts of nutritive elements. Accordingly, the data as put in order may be explained to the user in an impressive and comprehensible manner.

The above and other features of the present invention will be apparent from the following description
50 with reference to attached drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

Figure 1 is a flow chart showing the nutritive balance calculating procedure of apparatus in accordance

with the present invention;

Figure 2 is a hardware block diagram of the nutritive balance calculating apparatus; and

Figure 3 is a graph showing results of comparison of actual intake nutritive elements with reference values.

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DESCRIPTION OF THE PREFERRED EMBODIMENTS

The following description will discuss in detail the present invention with reference to attached drawings showing an embodiment thereof.

10 Fig. 2 is a hardware block diagram of a nutritive balance calculating apparatus of the present invention. Connected to a computer 11 through buses are a first master file 12a, a second master file 12b, a personal information file 13, an input device 14, a display 15, a printer 16 and the like.

The personal information file 13 contains personal information such as native place, personal number, family classification, name, family relationship, gender, birth date, address history and the like. The personal
15 information file 13 may additionally contain data of an academic career and a professional career and the like, because it is statistically apparent that such data closely relate to the meal habit of a person.

A user (on whom judgment of nutritive balance is to be passed. This definition "user" will be applied to the specification in its entirety.) is adapted to write in life data and meal data, which are then entered to the apparatus through the input device 14 by an operator.

20 The life data contain data of body form, the degree of health, physical condition, appetite, average sleeping hours, average smoking amount, general malaise, taste for sports and the like. Such data are to be entered in answering to a questionnaire by the user. The body form refers to, for example, height and weight. As to the degree of health, physical condition and appetite, the user is to answer, in a questionnaire manner, to questions such as "Do you think that you are healthy?", "How do you think about the degree of
25 health?", "Are you now under a particular disease?", "Do you have a good appetite every day?", "Do you go to stool every day?", "Do you have a good appetite for breakfast?", "How about the quantity and quality of breakfast as compared with dinner?", "Can you take action to light a lamp before making a complaint that it is dark?", "Do you often wear a smile?" and the like. As to the general malaise, the user is considered to have general malaise if he physically feels a bad condition. In this case, the user is to
30 specify which part of his body is in a bad condition, and to write the symptoms in a specific manner. As to the taste for sports, the user is to answer to questions "Do you now take in a sport?", "Which sport do you take part in?", "How many times per month do you take in the sport?", and "How long do you take in the sport at one time?" Besides, if the user keeps irregular hours, he writes the cause and reasons of such irregular hours, bedtime, rising time, mealtimes and physical condition.

35 The meal data are to be entered every day and contain the distinction of an intake meal, meal starting time, meal taking period of time, and the names and amounts of intake foods, together with data of height, weight, bedtime of the previous night, rising time of that day, life-activity intensity of that day, impressions of that day (waking feeling, appetite, action of the bowels and moral energy). The life-activity intensity is used as a standard of the amount of activity in a daily life and divided into four stages (light, intermediate,
40 slightly heavy and heavy). The life-activity intensity is determined based on the action in daily life and the type of profession. For example, the life-activity intensity is heavy for a coal miner. The meal distinction refers to the distinction of breakfast, lunch, dinner, snack (in the morning), snack (in the afternoon), late-night meal or the like.

45 The first master file 12a contains the concentrations of nutritive elements (food data) in each of foods stated on a food component calender. The nutritive elements include protein, lipid, carbohydrate, ash, mineral substances (calcium, phosphorus, iron, sodium, potassium), vitamins (A, D, B1, B2, niacin, C), salt, energy (calorie) and the like.

In addition to such data, the first master file 12a may contain the concentrations of amino acids (ILE, VAL, LEU, HIS, LYS, ARG, MET, ALA, CYS, ASP, PHE, GLU, TYR, GLY, THR, PRO, TRP, SER) of each
50 food. The first master file 12a may also contain the required amounts of the amino acids ILE, LEU, LYS, MET, PHE, THR, TRP, and VAL per weight of 1 kg.

Fig. 1 is a schematic view showing a flow of processings in the nutritive balance calculating apparatus of the present invention. First of all, the user stores his personal information in the nutritive balance calculating apparatus and also stores his life data serving as standards for calculating required nutritive
55 amounts.

Then, the user records, in a sheet, the names of foods taken every day by him. The names of intake foods are not enumerated at random, but foods are set forth as divided into three groups, i.e., red, blue and yellow groups likewise in a signal. Such classification is adopted with intent to provide the most

comprehensible classification such that even an infant or a child can intuitively understand the food groups so that he can form a good meal habit, and such that an adult maintains his health to prevent a disease. The red group represents foods mainly serving as raw materials for growth and supplement of the bodily tissue, and includes fishery products, meat products, egg, milk and beans. The red-group foods are main sources of protein, niacin, vitamins B1, B2, D, calcium, phosphorus, iron, potassium and the like. The blue group represents foods for mainly maintaining the bodily function in a smooth manner, and includes green and yellow vegetables, light-colored vegetables, fruits, seaweeds, mushrooms and the like. The blue-group foods are main sources of vitamins A, C, fibers, iron, potassium, calcium, magnesium, iodine and the like. The yellow group represents foods serving as an activity energy source, and includes cereals, potatoes, alcohols, oil and fats, sugar and the like. The yellow-group foods are main sources of carbohydrate and lipid.

The user is to specify the intake foods according to the classifications of the food component calendar (at this time, he may specify the foods by codes), and to write the intake amounts (in gram). An example of such entry is shown in Table 1.

Table 1

Meal Division	Lunch	
Time	Started at 12:15, Taking period of time 25 min.	
Menu	Rice	
	Sashimi of oceanic bonito	
	Vegetable salad	
Red Group	Egg Milk Fishery products Beans Meat	80 grs. of four pieces of oceanic bonito
Blue Group	Green & yellow vegetables Light-colored vegetable Fruit Seaweeds & mushrooms	10 grs. of four pieces of Japanese radish, 20 grs. of tomato, 10 grs. of cabbage
Yellow Group	Cereals Potato Sugar & sweetening agent Oil/fat & seasoning Sweet stuff & alcohol	120 grs. of rice 10 grs of mayonnaise

The operator of the nutritive balance calculating apparatus (which may be alternately operated by the user) enters the data supplied from the user, into the apparatus through the input device 14.

When meal data supplied from the user are accumulated for a predetermined period of time, for example a week, the intake nutritive elements are calculated based on the accumulated data. That is, intake nutritive elements per day or per meal distinction are obtained as averaging the intake amounts of nutritive elements in the respective groups. For example, there is obtained the daily average intake amount of one nutritive element, for example protein, contained in the red-group foods. Such calculation is also made for

lipid, carbohydrate, mineral substance, vitamin, salt and energy. Further, such calculation is also made for blue- and yellow-group foods.

The proportions of each nutritive element held in the respective red-, blue- and yellow-groups, are also calculated. It is then understood that, for example, 70% of protein is taken from the red-group, 7% of protein from the blue-group, and 22% of protein from the yellow-group.

The foregoing results are printed out, as a list of nutritive intake amount table, in the form of a daily intake amount of each of nutritive elements per group. Examples of such a table are shown in Table 2 and Table 3.

Table 2

Date July 1, 1989							
Meal Distinction	Lunch						
Type	Protein	Lipid	Carbohydrate	Fiber	Ca	P	Fe...
	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)
Red-Group	14.3	18.1	0	0.0	3	112	2.0 ..
Blue-Group	1.3	0.1	3	0.8	52	39	0.6 ..
Yellow-Group	3.1	8.6	40	0.1	2	36	0.1 ..
Total	18.7	26.8	43	0.9	57	187	2.7 ..

Table 3

Date July 1, 1989							
For one day							
Type	Protein	Lipid	Carbohydrate	Fiber	Ca	P	Fe ...
	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)
Red-Group	37.0	31.6	13	0.9	241	493	4.2 ..
Blue-Group	2.7	0.1	6	1.4	129	72	1.2 ..
Yellow-Group	12.5	12.1	111	0.5	36	131	1.2 ..
Total	52.2	43.8	130	2.8	406	696	6.6 ..

Tables 2 and 3 show the nutritive elements of protein, lipid, carbohydrate, fiber, Ca, phosphorus and iron. In addition to the nutritive elements above-mentioned, there are also obtained, in the same manner, the intake amounts of Na, K, vitamins A, D, B1, B2, niacin, vitamin C, salt and energy, respectively.

The intake amounts above-mentioned are then compared with the required nutritive amounts, which are determined according to the user's gender, age and height out of the life data, the life-activity intensity of the meal data, and the like. For example, there are calculated the required amounts of protein, lipid and the like which should be taken per meal by a female user of 20 year-old having a height of 150 cm of which life-activity intensity is "light". Such calculation is made with the use of, for example, numerical formula and tables. The calculated data are being stored, as the required nutritive amount data, in the second master file 12b. Examples of a table of reference values are shown in Tables 4 and 5, in which "-numeric value" refers to the upper limit, while "numeric value-" refers to the lower limit.

Table 4

For one meal							
Type	Protein	Lipid	Carbohydrate	Fiber	Ca	P	Fe..
	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)
Reference value	22-25	-13	-98	2.5-	180-	180 to 200	4

Table 5

For one day							
Type	Protein	Lipid	Carbohydrate	Fiber	Ca	P	Fe..
	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)
Reference value	65-75	-39	-295	7.5	560	560 to 600	12

The results of comparison of the amounts of actual intake nutritive elements with the reference values are shown and printed out in the form of an excess/deficiency graph. An example of such a graph is shown in Fig. 3, which shows the actual intake amount of each of protein (Pr), lipid (Lip), carbohydrate (Carb) and fiber (Fib) per each of meal distinctions of breakfast (solid lines), lunch (dotted lines) and dinner (broken lines) for 8 days. The axis of ordinate presents the amount of intake nutrition in one meal. Each horizontal center line shows the reference value (required nutrition amount) for one meal.

This graph makes the user easily aware at a glance how the intake amounts of nutritive elements deviate from the required amounts. Provision may be made such that, if the actual intake amounts deviate from the required amounts, judgments of deficiency, considerable deficiency, excess and the like are automatically plotted.

Based on the nutrition intake tables and excess/deficiency graph above-mentioned, a medical doctor may make a diagnosis and give a numerical value presenting an evaluation rank or comments so that the user takes good recognition of proper meals. The medical doctor may also give a proper advice for future menu program.

According to the present invention, the daily average intake amount is displayed for each food group and the proportions of the daily average intake amounts held in the respective food groups are also shown. Accordingly, the data may be impressively given as put in order. Thus, the user may be readily convinced of such data with good understanding thereof. Examples of display are shown in Figs. 6 and 7.

Table 6

Daily average intake amount							
Type	Protein	Lipid	Carbohydrate	Fiber	Ca	P	Fe...
	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)
Red-Group	36.2	15.6	7	0.2	154	425	2.9..
Blue-Group	3.8	0.6	33	2.2	93	94	1.5..
Yellow-Group	11.8	9.2	118	0.6	28	136	1.1..
Breakfast	13.2	6.0	53	1.1	157	204	1.7..
Lunch	17.8	10.3	47	0.7	48	211	1.7..
Dinner	20.0	9.1	46	0.8	57	220	1.9..
Snack	0.7	0.2	12	0.5	13	18	0.1..
Total	51.6	25.5	155	3.0	273	652	5.4..
Reference value	65-75	-39	-295	7.5-	560-	560 to 600	12...

Table 7

Proportions of daily average intake amounts held in respective food groups (%)							
Type	Protein	Lipid	Carbohydrate	Fiber	Ca	P	Fe...
	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)
Red-Group	70	61	4	6	56	65	53..
Blue-Group	7	2	21	71	34	14	27..
Yellow-Group	22	36	75	19	10	21	20...
Breakfast	26	23	34	35	57	31	31...
Lunch	34	40	30	23	17	32	31...
Dinner	39	36	29	26	21	34	35...
Snack	1	1	8	16	5	3	4...

In addition to personal data, life data and meal data, data to be entered by the user include clinical history data, blood test data and urinary/physiology data. The clinical history data include past disease periods of time, the names of diseases, treatment progresses and the like. The blood test data include protein metabolism data such as total protein, albumin, globulin, transferrin, prealbumin, free amino acid, uric acid, nitrogen in the form of urea, creatinine, CPK and the like; oxygen delivery-system data such as the number of red corpuscles, the number of white corpuscles, the amount of hemoglobin, hematocrit, MCV, MCH, iron, copper and the like; glycolipid metabolism data such as glucose, insulin, glucagon, triiodothyronine, total cholesterol, HDL fraction, LDL fraction, VLDL fraction, triglyceride, free aliphatic acid and the like; data of immunity and hepatic function such as the number of lymph bulbs, OKT4-8, GOT, GPT, r-GTP, ALP, bilirubin and the like; and data of vitamins and minerals such as vitamins B1 and B2, niacin, vitamins C and A, 25-OH-D, 24,25-OH (2D), Na, K, Cl, Mg, Ca, P and the like. The urinary/physiology data include urea parameters such as PH, sugar qualitative data, occult blood, protein qualitative data; and physiology parameters such as electrocardiogram, blood pressures (maximum and minimum values), lung capacity, forced expiratory volume in one second and the like. These clinical history data, blood test data and the urinary/physiology data are effective materials based on which the user's health condition may be

understood, the intake nutritions may be judged and nutrition to be taken in a future may be advised.

Having been described in detail with reference to the attached drawings, the present invention should not be limited to the embodiment above-mentioned. It should be understood that various modification may be made within departing from the scope of the invention.

- 5 According to the nutritive balance calculating apparatus of the present invention, nutritive elements taken by the user may be calculated and the calculation results may be displayed or printed out in the form of a list presenting the intake amount of each of nutritive elements per each of a plurality of color groups. Thus, the results may be explained to the user in a familiar and comprehensible manner such that he makes a deep impression on his mind. Thus, the present invention may contribute to maintenance and
10 promotion of personal and social health.

Claims

- 15 1. A nutritive balance calculating apparatus for calculating, with the use of a computer (11), the nutritive balance of meals taken by a person, comprising:
a first master memory (12a) containing the concentrations of nutritive elements of each food;
a second master memory (12b) containing the required amounts of nutritive elements according to personal types substantially determined by gender, age, body form and life-activity intensity;
20 a personal information memory (13) for storing the contents of intake meals;
input means (14) for entering data of daily life-activity intensity, the types of foods contained in each intake meal, and the intake amounts of said foods;
accumulating means (11) for accumulating said entered data for a predetermined period of time;
nutritive element calculating means (11) for calculating, based on said accumulated data, nutritive elements
25 contained in said intake foods; and
display means (15, 16) for showing, in the form of a list, the intake amount of each of nutritive elements per each of a plurality of color groups into which said intake foods are divided according to the nutritive characteristics thereof, said intake amount being displayed together with a required nutritive amount as calculated based substantially on information of personal gender, age, body form and life-activity intensity.
30 2. A nutritive balance calculating apparatus according to Claim 1, wherein the color groups are composed of three color groups, i.e., a first group representing foods serving as raw materials for growth and supplement of the bodily tissue, a second group representing foods for smoothly maintaining the bodily function, and a third group representing foods serving as an activity energy source.

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Fig. 1

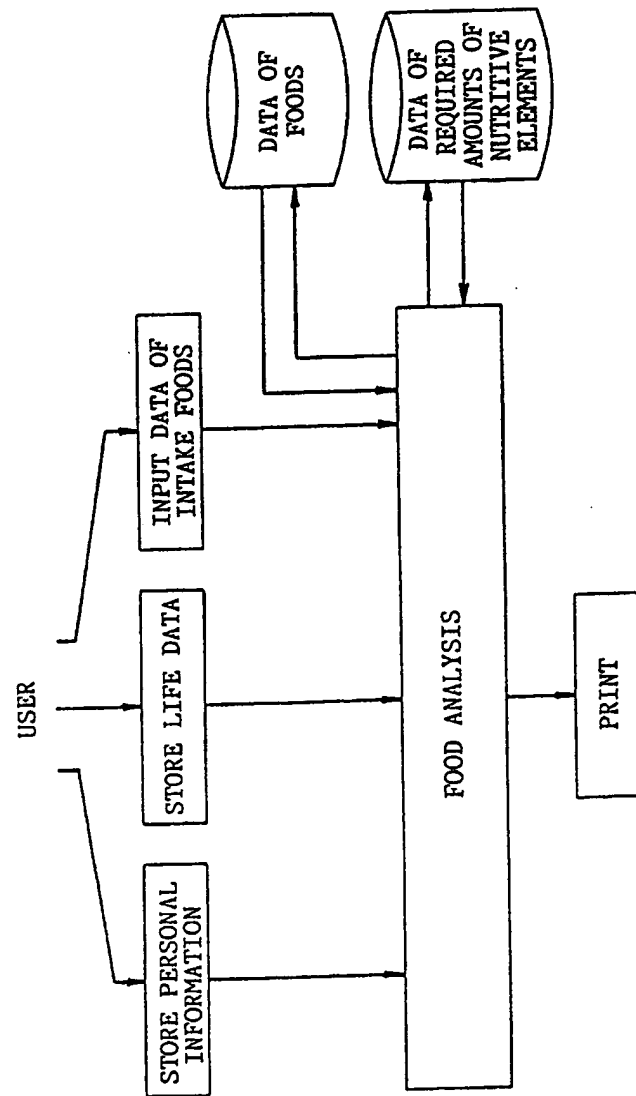


Fig. 2

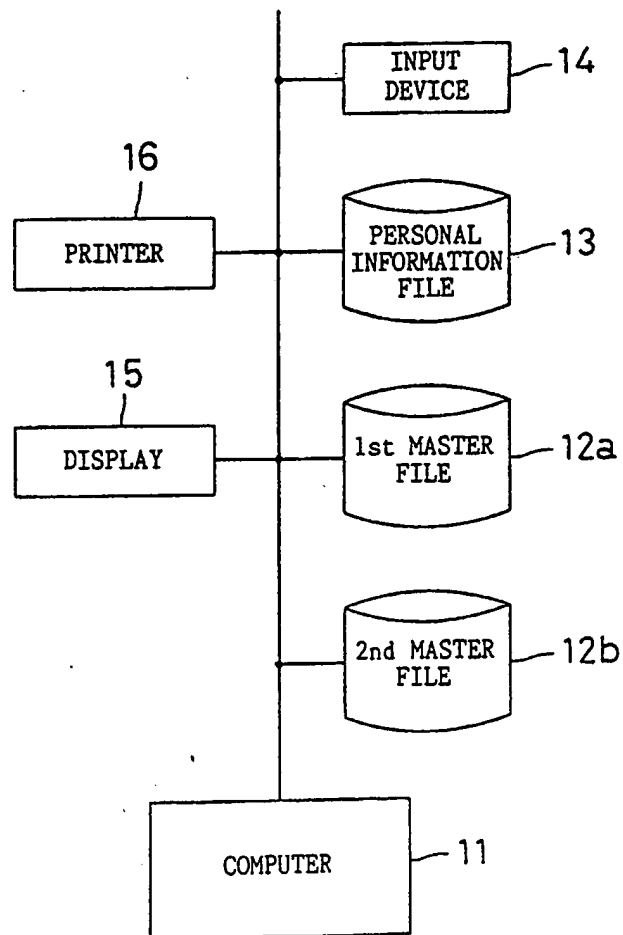
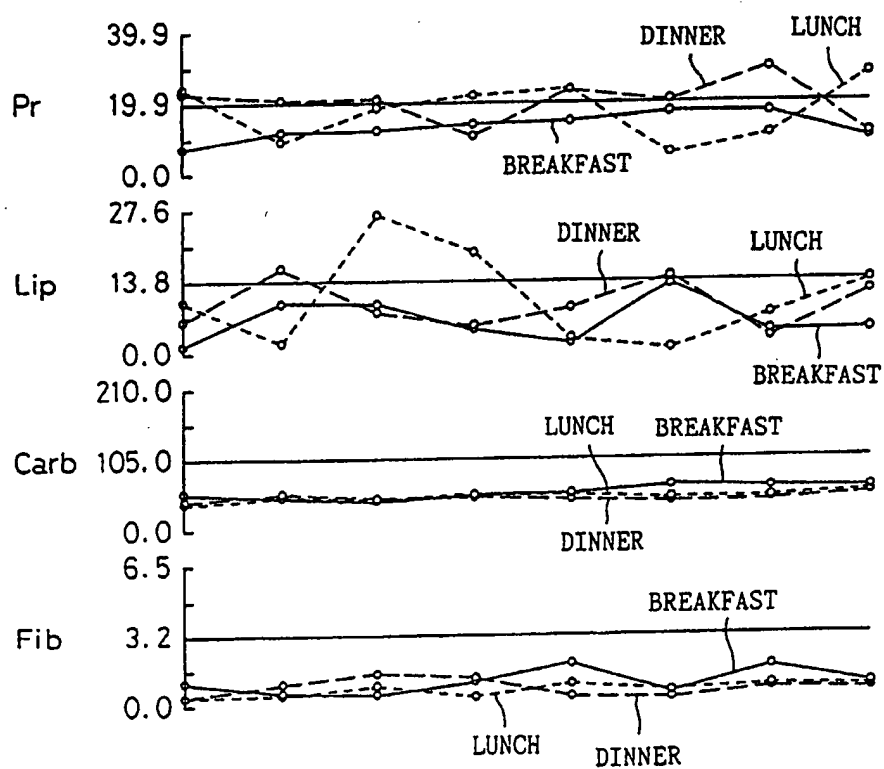


Fig. 3





European
Patent Office

EUROPEAN SEARCH REPORT

Application Number

EP 90 11 3856

DOCUMENTS CONSIDERED TO BE RELEVANT			
Category	Citation of document with indication, where appropriate, of relevant passages	Relevant to claim	CLASSIFICATION OF THE APPLICATION (Int. Cl.5)
X	WO-A-8 801 770 (GERBAULET) * Page 2, line 16 - page 3, line 30; page 7, lines 15-25; page 22, line 13 - page 23, line 27; figure 5 * -----	1,2	G 06 F 15/42
X	EP-A-0 128 054 (SIMATEC) * Page 6, line 3 - page 7, line 29; figure 1 * -----	1,2	
A	US-A-3 841 260 (SHARP et al.) * Column 3, lines 18-39; figure 1 * -----	1,2	
			TECHNICAL FIELDS SEARCHED (Int. Cl.5)
			G 06 F A 61 B
The present search report has been drawn up for all claims			
Place of search		Date of completion of search	Examiner
The Hague		23 October 90	MOERS R.J.
CATEGORY OF CITED DOCUMENTS			
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